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10 Natural Remedies for Thyroid Problems ([/blog/10-natural-remedies-for-thyroid-disorders](#))

24 JANUARY 2016 by: ADAM ([HTTPS://WWW.THYROMATE.COM/](https://www.thyromate.com/)) in: BLOG ([/BLOG](#))

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According to the United States National Library of Medicine, thyroid disease affects 27 million Americans. Approximately 13 million of those affected are presently undiagnosed. People suffer from low metabolism and hormone imbalance and never consider seeing a doctor. Thyroid problems can be triggered by the production of too much hormone (hyperthyroidism), too little hormone (hypothyroidism), or cancer.

Hyperthyroidism and hypothyroidism are silent epidemics. They can be hard to diagnose because in most cases they are linked to other health problems. Symptoms often appear gradually so patients may not feel like anything is wrong for a while. Most people schedule an appointment when they discover a lump on their neck. Depending on the symptoms, a doctor may perform several tests before diagnosing a thyroid disorder. If you have symptoms associated with hyperthyroidism or hypothyroidism, consider taking supplements together with your medication. Try any of these natural remedies for thyroid disorders and improve your thyroid's functionality.

Underactive Thyroid Natural Remedies

Iodine

hello, thyroid

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deficiency.

Kelp

If you've been searching for underactive thyroid natural remedies, look no further than kelp. Kelp is a form of seaweed that's rich in iodine. It replenishes your body with iodine, ensuring you don't suffer from hypothyroidism. If your hypothyroidism is a result of iodine deficiency, take kelp supplements to improve your condition. You only need 150 mcg a day so be sure to buy a supplement with that amount.

Vitamin B12



This vitamin plays a major role in red cell metabolism. It makes you energetic, sharp, and causes your nervous system to function properly. Many people suffering from hypothyroidism lack sufficient levels of vitamin B12. This deficiency is normally caused by prolonged digestive issues like low stomach acid. To correct insufficient levels of B12, you can use B12 supplements. You should also increase your consumption of dairy products and meat which are rich in B12.

Selenium

The body needs selenium for it to convert T4 into T3. The enzymes that extract iodine atoms from T4 during conversion depend on selenium. T3 is the active type of thyroid hormone, when it's insufficient, hypothyroidism occurs. A study conducted showed that selenium supplementation in selenium-deficient people adjusts T4 levels, thereby enhancing the conversion process. Selenium also helps protect the thyroid gland from oxidative damage.



Herbs

Herbs have been used for centuries to reverse thyroid disorders. Thanks to advancements in the medical world, you can easily determine which herbs have a great impact on thyroid health and which ones do not. While herbs do not provide thyroid hormone replacements, they boost the production of thyroid hormones by supplying iodine or enhancing thyroid health. Some of the commonly used herbs for hypothyroidism include Schisandra and Ashwagandha.

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L-Tyrosine



L-tyrosine is one of the best natural remedies for thyroid disorders. This amino acid helps activate the thyroid in T4 to T3 conversions. When you have low levels of L-tyrosine, your body can't make enough thyroid hormones. Most naturopaths recommend a dosage of 500 mg a day to improve thyroid function.

Natural Thyroid Remedies for Hyperthyroidism

Seaweed

Seaweed such as kelp and bladderwrack can enhance the functioning of your thyroid. Seaweed is rich in iodine, a vital nutrient for the body. While it's true that too much iodine can cause hyperthyroidism, studies show that seaweed contains the right amount of iodine needed by the body. In addition, hyperthyroidism is not always a result of excess iodine in the body. Take seaweed supplements if your body lacks ample iodine and manage the condition.

Lemon Balm



Lemon balm can help normalize a hyperactive thyroid by decreasing TSH levels. The herb is comprised of phenolic acids, flavonoids, and other essential compounds that aid in thyroid health. Its most outstanding task is blocking antibodies that activate the thyroid and cause Graves' disease. To restore your thyroid activity to normal, supplement your diet with lemon balm.

Bugleweed

amount of hormone produced by the thyroid. Bugleweed helps decrease TSH levels and prevents thyroid hormone synthesis. By blocking the conversion of T4 into T3, it prevents too much thyroid hormone from being produced. The lithospermic acid in bugleweed also stops antibodies from binding to cells in the overactive thyroid gland, preventing their burning out. The herb offers relief from hyperthyroidism symptoms like shortness of breath, shaking, and palpitations.



Motherwort



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This perennial plant from the mint family is one of the most common natural thyroid remedies. It functions as a beta blocker and helps control high heart rate and palpitations, some of the symptoms of Graves' disease. It is very beneficial to those suffering from hyperthyroid conditions because of its anti-thyroid activity. Motherwort can also eliminate hyperthyroid symptoms such as insomnia, anxiety, and lack of appetite.

Boost Your Thyroid Function with ThyroMate

The hectic pace of life can overwhelm you and make you forget to do many tasks. You may get home tired at the end of the day and forget to take your medicines and supplements. It's even easier to forget if the supplements are many. If you want to improve the function of your thyroid gland without worrying about all the supplements you have to take, try ThyroMate. It comprises vital ingredients that enhance thyroid functionality. It contains iodine, selenium, magnesium, copper, zinc, kelp, bladderwrack, Vitamin B12, L-tyrosine, molybdenum, manganese, ashwagandha, schisandra, and cayenne pepper. ThyroMate is made up of the best natural remedies for thyroid problems.

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ThyroMate is a complete, all-natural thyroid supplement with a precise blend of 14 high-quality, clinically studied ingredients suggested to safely improve thyroid functionality, promote a healthy metabolism, and naturally increase energy levels.

The article section of our website features comprehensive research papers and essays into all topics related to thyroid function - with a specific emphasis on thyroid supplement research studies in relation to thyroid health.

The sources for each of our papers can be found in the end of the article. Our works are often cited by experts writing about topics related to thyroid health or thyroid support supplements.

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